



9. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 07.04.2012

Detailed evaluation

Nickel, Mario

Club: LG Sangerhausen
Number: 44

Course: 9.30 km
Kurze Strecke

Category:
Männer M40

Total time: 46:15

Speed: 12.06 km/h
Running performance: 4:58 min/km

Rank in course/Total: 114 (of 307)

Rank in course/Men: 103 (of 223)

Best time in course: 32:03

Rank in category: 18(of 32)

Best time in the category: 33:34